



Singapore Healthcare Management 2017

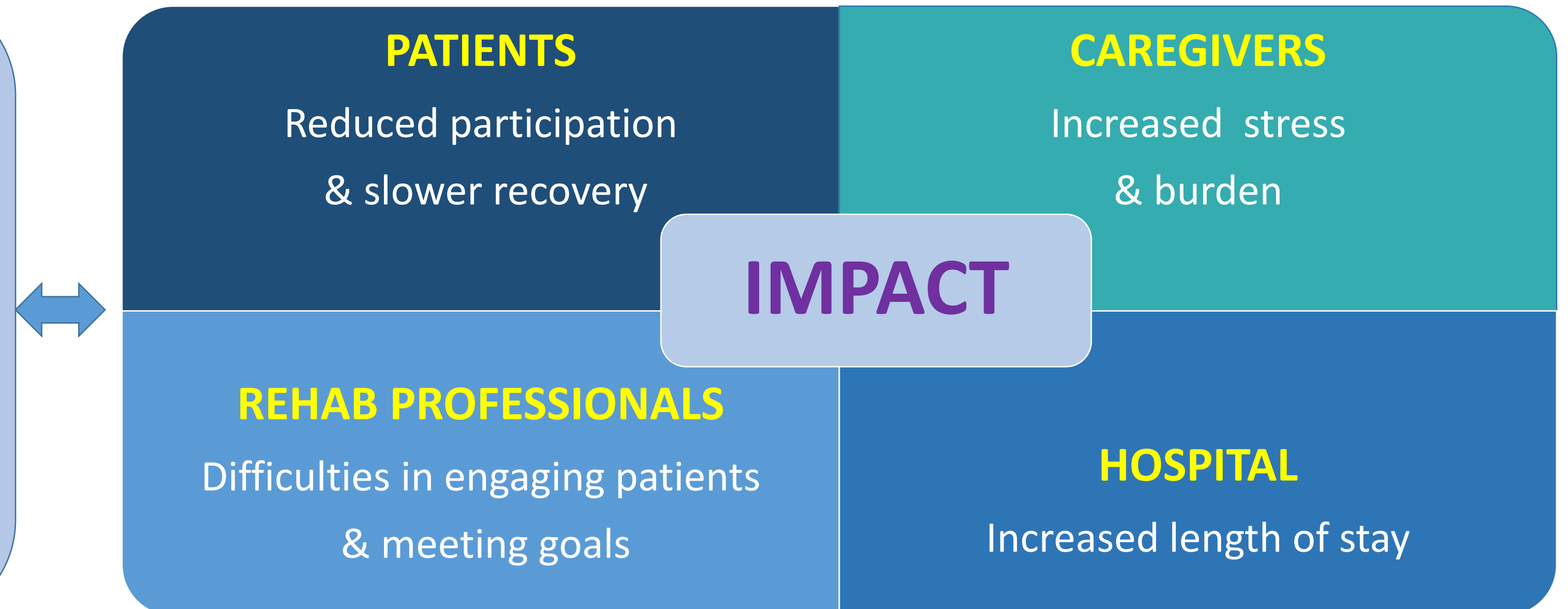
PLAY THERAPY

ENHANCING PATIENT HOSPITAL EXPERIENCE ON THEIR WAY TO RECOVERY IN IB REHAB WARD

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OBJECTIVES

- To *enhance patient's experience* in the rehab wards through engaging them in different recreational activities
- To *enhance patient's cognitive ability* by engaging them in different strategic games
- To *improve well-being and health outcomes* of the patient and provide activities during their idle time.



Silver Award for CGH Improvement Festival 2016

METHODOLOGY

- Therapists *gathered information and resources* about games benefiting the patients physically, mentally and emotionally.
- Schedule sessions *every Wednesday and Friday* from 2:30pm to 3:30pm.
- Nurses *identify the participants* and label it on patient information board so as not to interfere with other therapy sessions from PT,OT and ST.
- *Criteria for selection* of participants, 1) must have good sitting balance, 2) willingness, 3) medically stable.
- *Volunteers plan the games and activity* of the day.
- Play therapy nurse and volunteers *collect feedback* from the patients and *evaluate their participation* for the day.

Play Therapy Games

Rummikub

Puzzle

Matching Memory Card

A-HAH Memoritz

MahJong

Participant's Feedback

- 100 % of the participants made new friends, they think better and feel more supported by the staff
- 91% can use their arms and legs better, become happier and more motivated to recover
- 82% enjoyed the session and like the concept of the Play Therapy

Play therapists' Feedback

- 97% of the participants are happy
- 95% are motivated
- 92% participates well, enjoyed the session and made new friends and have good thinking skills
- 87% displayed good communication abilities

Conclusion

- Based on the data and feedback collected, we conclude that Play Therapy has shown to optimize learning, enhance interpersonal relationship and also improve health and well-being of the patients on their way to recovery.
- Play Therapy could be used to address a variety of health challenges experienced by adults, especially if incorporated with other treatment modality.